



50+ Recreation

March 2019

ISSUE 3

www.ColumbusRecParks.com

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-7250

The Conversation Project: Why Talking Matters

As all of us age and face a variety of health challenges, it has become clear that most of us are not discussing our wishes with our families or health care providers. 90% of people **say** talking with their families about end of life wishes is important, yet only 27% have done so. 80% of people **say** that if seriously ill, they would want to talk to their doctor about treatment options towards the end of their life, yet 7% have actually done so. Too often, people and families put off these conversations until it is too late. Because of this, Journalist Ellen Goodman started a not-for-profit organization in 2012 which provides tools and ideas for people and families to start and continue these conversations. It is called *The Conversation Project* and its website is www.theconversationproject.org. From this website, a person can download booklets that walk through these difficult conversations step by step and in a non-threatening manner. The website also provides great advice about when and how to start these conversations in families. The downloadable booklets are: *The Conversation Starter Kit*, *Choosing/Being a Health Care Proxy*, *Alzheimer's/Dementia Starter Kit*, *How to Talk to Your Doctor*, and *the Pediatric Illness Starter Kit*. If you have been putting off these conversations in your family or about your own health, use these booklets to give you the words to start the conversation. It is never too early to have these conversations and you will not regret it.

50+ Water Exercise

Join Alice Irwin for a lower-intensity workout that focuses on stretching, range of motion and gross-motor function.

Session IV February 13-April 3
Mondays and Wednesdays
10-11 am
\$20 per session or \$2 per class

Columbus Aquatic Center
1160 Hunter Ave. 43201

For information, call 645-6122.

March 2019

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Newsletter Editor: Wendy Frantz	614-645-7427

Dance

Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

Tap Dance:

Advanced *Wednesdays 4:15 pm*

Beginning *Wednesdays 6:30 pm*

Ballet Class *Wednesdays 5:15 pm*

Gillie Wednesday Evening Dance Information

6:30-9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at

6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

March 6 Birthdays/Anniversaries

March 13 St. Patrick's Dance

March 20 Spring Fling

March 27 March Madness

Marion Franklin

Line Dance (*Intermediate*)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 11:15 am

Line Dance Workout *Tuesday and Thursday 10 am*

Evening Line Dance

Open *Wednesday 6-7 pm Free*

Zumba *\$30 per person, per session*

Mondays 7-8 pm

Saturdays 10:30-11:30 am

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Original art greeting cards at amazingly low prices for all occasions including St. Patrick's Day and Easter (beats brand name cards hands down)! And for a taste of spring, come to Golden Hobby Gift Shop for door and wall hangings, garden art, centerpieces and gifts for every event. Our Display Committee has made wonderful changes to improve your shopping experience and over a hundred new consignors in 2019 have added new and unique items to our inventory. Come see us soon!

Red Hats

Gillie's Fillies Red Hatters: *Mark your calendars!*

Red Hat 2nd Hand Treasure Hunt

Saturday, March 16 9 am-2 pm

St. James Lutheran Church

5660 Tribune Rd. Columbus, 43228

Please contact Toni at 614-876-5799 or Polly at 614-561-1549. Lunch will be available for \$4 (hotdogs, chip or applesauce, lemonade or bottled water).

Field & Stream Tour

Tuesday, March 19 Noon

Tour the Easton store on Seltzer Road. Lunch 1 pm.

Birthday Bash Registration

Saturday, April 27

Berwick Party House

Send your \$45 registration fee before April 15 to:

Sherry Thompson

300 Midland

Columbus, OH 43223

(614-571-0038)

Trips

Barnett **645-3065**

Hike at Highbanks

Thursday, March 28 12 pm Cost \$5

Join us as we get outside for some fresh air and exercise at Highbanks Metro Park. Make sure to bring extra money as we will also be stopping for lunch.

Dodge **645-8151**

Zanesville Appalachian Arts Gallery Tour

Friday, March 8 10:30 am Cost \$7

We will have lunch first at 11:30 am and then tour the art Gallery. After that, we'll look at a few shops in historic downtown Zanesville with a final stop at Tom's ice cream bowl for dessert. Please wear comfortable shoes and bring additional money for lunch and shopping.

Airstream Factory Tour in Jackson Center

Friday, March 15

8:00 am sharp our tour will be at 10 am Cost \$7

Wear comfortable shoes (closed toed shoes) as the tour is about 2 hours (1 mile walk). We will eat after our tour at the Indian Head Roadhouse about 16 minutes away from the Airstream factory. Bring additional money for lunch.

Dodge trips continued on page 3.

Trips

Dodge (continued) 645-8151

Friday on the Town at Polaris

Friday, March 29 10 am Cost \$5

Lunch, a movie or shopping.

People may choose to either go to the movies or shop at Polaris. We will decide on a pick up site and time.

Lunch will be on your own.

Gillie 645-3106

Gillie Trip Policy



Motor Coach Trips are open to any adults 21 years and over. For van or mini bus trips you must be a member.

Please call 645-3106 for more policy info.

Lunch Bunch

Wednesday, March 20 11 am-2 pm Cost \$5

Join us for lunch at the Hickory House in Gahanna.

Treasure Bag Tour

Tuesday, April 23 8 am Cost \$125



(includes motor coach, tours & lunch)

We will visit the **Pine Tree Barn** where we will enjoy a pastry and morning beverage. Then, we will visit **Everything Rubbermaid** to browse and shop. Next, we will tour the **P. Graham Gallery** to see Amish craftsmen at work and then off to **Lehman's Hardware** where the Amish go for their houseware and home life needs. And finally, we will visit the **JM Smucker Store**, a trusted name and quality products for over 100 years. You will receive a gift for your Treasure Bag at every stop. **Register now!**

Buggies, Buicks, Balls and Buckeyes

Tuesday, May 21 8 am Cost \$142



(includes motor coach, tours and lunch)

We will begin at the **Amish Door Village & Restaurant**, where you will be able to shop at the many unique shops including a bulk store and then we will enjoy an Amish meal in the restaurant. Next, we will visit the **Canton Classic Car Museum** filled with vintage and classic cars from 1901 to 1981 followed by a tour of the **Pro Football Hall of Fame**, America's premier sports showplace. Finally, we will visit Harry London Chocolates who are known for their "Buckeyes". **Registration begins March 5.**

Marion Franklin 645-3612

Breakfast and Movie

Tuesday, March 12 9 am Cost \$5

Join us for a hearty breakfast at Cracker Barrel before heading to the movie. Movie will be determined a week prior, based on showings and times. Submit movie suggestions the Friday before trip. Please register at the front desk.

Scavenger Hunt

Wednesday, March 27 9:30 am

Cost \$5 (Transportation Only)

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

Lake Erie Walleye Head Boat Trip

Port Clinton, Ohio

Wednesday, June 5 Cost \$80

Lakefront Bus Lines

Departure from the Marion Franklin Community Center is at 4 am promptly. Trip cost will include bait. Estimated time of return to Columbus is 5:30 pm. All are welcome to go, please register at the front desk at the center. For more information, please contact the center at 614-645-3612.

Martin Janis 645-5954

Cultural Arts Center-Conversations and Coffee

Thursday, March 7 11 am

Cost: \$5 for transport, lunch on your own

The Harlem Renaissance is the subject for this exhibit 'I, Too, Sing America: New Artist, New Day'. Enjoy a soothing cup of coffee as we relive the intellectual, social, and artistic revolution that exploded in New York during the 1920's.

Lunch & a Movie

Thursday, March 14 10 am

Cost: \$5 for transport, lunch & movie on your own

Enjoy a relaxing afternoon with friends at the movies and then on to a Chinese buffet!

Martin Janis trips continued on page 4.

Trips

Martin Janis **645-5954**

National Afro-American Museum and Cultural Center

Thursday, March 21 **9:30 am**

Cost: \$10 for transport, \$5 admission, lunch on your own

Learn more about the life of legendary military trailblazer Col. Charles Young through the new exhibit, *Yours for Race and Country: Reflections on the Life of Colonel Charles Young*. The National Afro-American Museum and Cultural Center in Wilberforce is collaborating with internationally renowned quilt artist, curator, and educator Dr. Carolyn Mazloomi for this quilt exhibit that mixes art, interpretive storytelling, and Young artifacts from the NAAMCC collections. The exhibit consists of 33 handcrafted quilts by members of the Women of Color Quilters Network.

HPL Bowling

Thursday, March 28 **11:45 am**

Cost: \$1.75 each for 2 games, \$3 for shoe rental, lunch on your own

Let's have a great time with a fun activity and see who can bowl the highest score!

Whetstone **645-3217**

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, March 13 **10 am**

The Red Hats/Cruising Cougars will be heading on a mystery trip. Please call Mike to RSVP.

Mike's Taste of Italia

Wednesday, March 20 **10:30 am**

Mike Taste of Italia will go to MacKenzie River in Polaris.

Please call Mike to RSVP.

Lazelle Woods Multigenerational Center
Anna Marie Brown, Center Manager

8140 Sancus Blvd., 43081
645-5330 **Hours: Mon-Fri 8 am- 5 pm**

Monday

Pickle Ball	8:30-10:30am	\$10 Sports Pass
Fitness Fuzion	9:30-10:30am	\$30
Open Clay Class with Phyllis	7:00-8:45pm	\$10

Tuesday

Adult Pottery	7:00-8:45pm	\$10
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Wednesday

Fitness Fuzion	9:30-10:30am	\$35
Pickle Ball	1:00-3:00pm	\$10 Sports Pass
Yoga	6:30-7:30pm	\$25
Taiji	7:15-8:15pm	\$25

Thursday

Piano Level 1	5:30-6:00pm	\$25
Adult Needle Crafts	7:00-7:45pm	Free

Friday

Pottery with Phyllis	Noon-2:00pm	\$20 + Mtls.
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Saturday

Beginners Hatha Yoga	10:00-11:00am	\$60
Taiji	11:00am-Noon	\$25
Dance Fit & Toning	12:15-1:15pm	\$25

Breakfast for Lunch

Wednesday, March 13 **Noon**

Join us for some of your breakfast favorites, for lunch! We will also be playing a few games of BINGO.

Mosaic Flower Pots

Thursday, March 14

Spring is around the corner! Come make a mosaic flower pot this month, then come back and join us in April when we plant them.

Water Aerobics

Monday, March 18 **9:30 am** **Cost \$2**

We will head to the Aquatics Center for a low resistance, low-impact workout. Please register at the front desk if interested in participating.

Intermediate Showcase Line Dancing

Mondays & Wednesdays **12:15 pm**

Interested in expanding your line dance repertoire, and performing at local events? Join our Showcase group!

Sewing

Tuesdays **1:30 pm**

If you a beginner just learning how to get started or more advanced looking for a little motivation, dust off your machine and join our sewing class.

Knit & Crochet Club

Wednesdays **1:30 pm**

Open to those of all abilities! Come pick up a new hobby, or share your skills with those who are just learning.

Tai Chi

Fridays **11 am** **Cost \$35/session**

Tai Chi is said to improve flexibility and balance, while reducing stress. Register at the front desk or online today!

Game Room

Monday-Friday **10 am-3 pm**

Stop in for puzzles, a game of cards, billiards or even Skee-Ball.

Open Basketball

Tuesdays and Thursdays **10 am-Noon**

Pickleball

Mondays **1:30 pm**

Thursdays **12:30 pm**

Join us for open Pickleball twice a week. All levels welcome –come learn the rules or share your talents.

Produce Giveaway begins April 12!

Doors open at 2 pm to sign up and the giveaway will start at 3 pm.

Bring your ID and bags.

April 12, 2019

May 10, 2019

June 14, 2019

July 12, 2019

August 9, 2019

September 13, 2019



Interested in volunteering? Have a special skill to share?

We are always looking for volunteers to help at the front desk, as well as with classes and special events. Please contact the center for opportunities.

Spring Class Schedule

Stay Young, Stay Fit	Mon, Wed & Fri	9:00 am
Walking Club	Mon, Wed & Fri	10:00 am
Beginner Line Dance	Mon & Wed	10:30 am
Intermediate Showcase Line Dancing	Mon & Wed	12:15 pm
50+ Stretching	Tuesdays	10:00 am
Chair Fitness	Tuesdays	11:00 am
Sewing	Tuesdays	1:30 pm
Rise & Ride	Tues & Thurs	9:00 am
Knit & Crochet Club	Wednesdays	1:30 pm
Core & More	Thursdays	10:00 am
Women's Weightlifting	Thursdays	11:00 am
Adult Arts & Crafts	Fridays	1:30 pm

If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!

Medicare Options

Tuesday, March 12

10 am-Noon

Dan Rankin will be here to discuss 2019 options.

Health and Nutrition

Thursday, March 14

12:30 pm

Nutritionist, Lisa Gibson with OSU, will be here.

Dodge Morning Walking Club with Holly

Mondays, Wednesdays & some Fridays 8:15-9 am

We will walk various paths, and if it's icy we will walk around the gym! So bring a cup of coffee or tea, join us for some winter walks. Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week! On some Fridays, we may not meet due to Dodge's trip schedule.

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays

1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Crochet

Wednesdays

1 pm

If you are just a beginner or more advanced, all skill levels are welcome to learn tips about knitting or crochet. Projects will be geared towards your skill level

Dodge Diet Club

Wednesdays

3 pm

Need help keeping those resolutions on track? Join us today!

Food Boxes

For those who have signed up for the Food Boxes, they are only available for pick up on Fridays, March 22 and 29; Noon-4 pm, not before or after. They will not be available for pick up any other times or days of the week. Please plan your schedule accordingly.

AARP Tax Assistance

Thursdays and Fridays

9 am-2 pm

Free

Offered now through April 12.

Register today for an appointment; spaces are limited.

Dodge's 50+ Got Talent!

Friday, March 22

1-3 pm

Got a talent that you would like to show off? We are looking for acts to be in our talent show. We will be running through all the acts on Thursday, March 21 from 10 am-1 pm. Acts should be no longer than 5 minutes. The show is open to all 50+ participants from any center. If we don't get enough acts to perform, we will postpone for another date. So please sign up today! We would like at least 8-10 acts for the show, but no more than 15. Call Dodge today to sign up 645-8151.

Spring Classes (March 20-May 18)

Walking Club	Mon & Wed	8:15 am
Beading	Mondays	9:00 am
Senior Fitness	Mondays	9:00 am
Shuffle Board	Mondays	10:00 am
Painting	Mondays	10:30 am
Chair Volleyball	Mon & Thurs	1:00 pm
You Sew Fine	Mondays	1:30 pm
Zendoodle journals	Mondays	3:30 pm
Indoor Cycling	Mon & Wed	9:30 am
Mosaics	Tuesdays	9:30 am
Chorus	Tuesdays	1:00 pm
Euchre	Tuesdays	12:00 pm
Painting and crafts	Tuesdays	1:00 pm
Ceramics	Tues & Fri	1:00 pm
50+ Sewing	Tuesdays	1:30 pm
Warm up Cardio	Wednesdays	8:30 am
Service Circle	Wednesdays	9:00 am
Clogging	Wednesdays	10:00 am
Seasonal arts & crafts	Wednesdays	10:30 am
Chair fitness	Wednesdays	11:00 am
Crochet	Wednesdays	1:00 pm
Dodge Diet Club	Wednesdays	3:00 pm
Bingo	Thursdays	11:00 am
50+ Alterations	Fridays	1:00 pm

Trip Ideas or special events? We are always looking at ideas for affordable day trips and ideas for special events as well as volunteers. Please submit them at the front desk, or in our suggestion box. If you are interested in volunteering to help please sign up at the front desk along with how you would like to volunteer.

NEW! Tap Dance Class**Wednesdays 4:15 & 6:30 pm**

Join us for a new tap dance class which will offer instruction for advanced dancers (4:15 pm) and beginning dancers (6:30 pm). You must have your own shoes. Register at the front desk.

OSU Extension Service with Lisa Gibson**Friday, March 1 9:30 am**

Topic: Liven Your Meals with Legumes and Foods to increase.

Veterans' Group**Friday, March 1 1 pm**

Calling all Veterans to a crucial scheduling meeting for trips, speakers and 2019 planning.

Ukrainian Egg Painting**Fridays, March 1, 8, 15, 22 & 29 and April 5 & 12 10 am-2 pm Cost \$20**

Join Val Hinterschied and make unique and fascinating pieces of art using eggs. All materials included. **Register ASAP at the front desk, space is limited.**

Fat Tuesday Brunch**Tuesday, March 5 11:30 am**

Join us as celebrate Marti Gras with a breakfast special and great New Orleans Jazz with D. J. Steve Parker. **No tickets, regular lunch prices apply.**

BINGO Mondays, March 11 & 25 1 pm**Eat Better, Feel Better****Tuesday, March 12 11 am**

LifeCare Alliance Dietitian Leonor Button, RD

Topic: Cooking for One...

Alzheimer's Association Tuesday, March 12

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

Gillie Recreation Council Meeting**Wednesday, March 13 1 pm****History Roundtable****Wednesday, March 13 1 pm**

Topic: *Benjamin Harrison dies of pneumonia. Join us for "The life and times of our 23rd President."*

St. Patrick's Day Lunch**Thursday, March 14 11:30 am**

Wear your green and join us for some corned beef and cabbage. You could win a prize for your best Irish Jig or outfit.

No tickets needed, regular prices apply.

Annual Line Dance Jamboree**Friday, March 15 (9:30 check in) 10 am-3pm**

Cost: \$15 with lunch or \$10 dance only

Celebrate the "wearing of the green" by donning your best green outfit and we'll have fun, fun and more fun! Enjoy as different instructors from all over the state bring new music and dances. There will be cue/step sheets great food and wonderful door prizes to round out the day. Group registration is encouraged.

Register by Wednesday, March 13 for lunch.

Columbus Speech & Hearing**Thursday, March 21 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

Gillie Staff Chili Cook Off \$3**Thursday, March 28 11:30 am**

(includes Chili, cornbread, beverage and dessert)

Who has the best Chili? Come and enjoy some really good chili receipts and decide which staff member "Rules Supreme." Come and vote with your taste buds.

AARP Income Tax Assistance**Wednesdays Only, Now-April 10**

By appointment only, call 645-3106 or stop at the front desk to reserve your time. Center will be

★ Creative Arts Event May 8 – 17 ★

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "Art & Music Around the World" (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday, April 24 and Thursday, April 25 at the Martin Janis Center.

Basic Sign Language**Thursdays 10 am**

Learn the basics of American Sign Language from the alphabet to basic conversation.

Marion Franklin Dining Center**Lunch: Tuesday-Thursday 11 am-1 pm**

LifeCare Alliance...Nourishing the Human Spirit

Senior Council Meeting**Every 4th Monday of the Month 2 pm****AARP Tax Program****Mondays and Wednesdays 9 am-3 pm**

Call the center to make a tax assistance appointment.

Check Mate Chess Club Social**Friday, March 1 1 pm Free**

Ernest Smith, the Chess Club instructor, invites you out for a meet and greet. If you are a beginner or a pro, come out for an afternoon of chess at its best.

Refreshments will be served.

Please register at the front desk. This event is sponsored by the Senior Recreation Council.

Snacks and Facts**Wednesday, March 8 11 am Free**

The folks from COAAA are back to present "Sharing Our Stories: The Benefits of Life Review and Reminiscence Life"- review and reminiscence are enriching for individuals, families and communities. This topic reviews reasons for relating memories and tips for recording them. Light snacks provided.

Book Club Social & Discussion**Wednesday, March 13 1:30 pm****Book:** The Preacher's Son**Author:** Carl Weber**Caregiver's Series Part 1****Friday, March 15 11:15 am Free**

Are you a caregiver? Are you struggling with juggling job, family and caregiving? Do you feel stressful and burnout? There is help! Plan to attend this series presented by Barbara Parker, R.N. LifeCare Alliance Wellness Center. Join us for Part 1 of a four part series. Each session will be one hour on caregiving including the topics: What is caregiving, Resources, Where is the help?, Equipment and Self-Care. Please register at the front desk.

Laughter Yoga**Friday, March 22 11:15 am Free**

Laughter is good for the Soul. Joyce Johnson from the Central Ohio Breathing Association will present: Laughter Yoga. Please register at the front desk.

St Patty's Luncheon**Monday, March 18 11 am**

Wear your green and enjoy a traditional St Patty's Day lunch of corned beef, red skin potatoes, green beans, diner roll and green punch. Some participants will also get a chance to test their luck and skills with fun St. Patty's themed games.

Kidney Presentation "Know the Facts"**Monday, March 25 11:15 am Free**

How do your kidneys work? How can you protect them? What are the warning signs of kidney disease? Come out and get answers to these questions and more. Join our Lifecare Alliance Registered Nurse, Barbara Parker for this presentation. Please register at the front desk.

Free Medicare Check-Up**Wednesday, March 27 Free**

Various carriers will be available to answer any questions about your present insurance. No need to register, just walk in. SEE YOU THERE!

Upcoming Events:**Canning, Preserving and Freezing 101**

This new series of workshops will begin in the spring with an intro to **Canning, Preserving and Freezing fruits and Vegetables**. Early registration will begin **March 11**. For more information, please contact the center. Summer session we will preserve fruits and Fall session we will learn many of the techniques of canning vegetables. This is a participatory class filled with lots of education and fun.

Operation: Street Smart**Sponsored by the Franklin County Sheriff's Office****Friday, April 12 11:30 am**

Registration for this presentation will begin March 11 and the deadline is April 5. No exceptions!

Health & Wellness Information

Barbara Parker, registered nurse is available in the Lifecare Alliance Wellness Center Monday, Tuesday and Thursday 8am-4pm; Friday 8am-4:30pm. For an appointment, please call 614-437-2927.

Lifecare Alliance - Eat Better, Feel Better!**Every 4th Tuesday of the month 11 am-noon***Classes are Free/No registration required***Free Hearing Services**

Call Rachel at 261-5452 for more information or to schedule an appointment.



St. Patrick's Celebration at Martin Janis

Thursday, March 14 11:30 am-1 pm

Wear your best green and come on in for our annual bash featuring some great traditional Irish foods and treats. *Erin go Bragh!*

Tax Time!

Tax season is here! It's never too early to start thinking about taxes and getting them out of the way. Don't forget about the AARP free tax assistance program here at Martin Janis. Volunteers are here on Mondays from 9 am-3 pm; first come, first served. Come early to be sure to get in.



"Play Us Forward"

Wednesday, March 27 time to be announced

In collaboration with Columbus charter schools, "Play Us Forward" will be performing a concert in our auditorium of twenty-six middle school violinists from underserved communities. It will be a unique concert with the students interacting with the seniors. This should be a wonderful experience for everyone involved. Come on in and encourage these incredible, talented young musicians.

Senior Council Meeting

Wednesday, March 20

Breakfast for Lunch

Wednesday, March 6 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You'll really enjoy their homemade breakfast quiche!

Gregg's Health Corner: Are All Sugars the Same? Too much added sugar is linked to increased risk of obesity, type 2 diabetes and heart disease, which is why the American Heart Association recommends no more than 25 grams (about 6 teaspoons) of added sugar per day for women and 38 g (9 teaspoons) per day for men. Any added sugar has been processed to concentrate the sugar. Sugar cane, sugar beets and agave plants are naturally only slightly sweet. White, or granulated, sugar is made by extracting and isolating sucrose from sugar cane or sugar beets. Molasses is a thick, sweet byproduct of white sugar production. Most brown sugar is white sugar with some molasses added back. Raw sugar has some of the molasses left in. Coconut sugar and date palm sugar are concentrated from liquid in palm flower stalks. Agave syrup is made by concentrating sugar in agave plants. Compared with most other sweeteners, agave is higher in fructose. Honey is also high in fructose, which is concentrated by bees from flower nectar. Because they are less processed, alternative sugars have slightly more vitamins, minerals and phytochemicals (healthful substances that contribute flavor and color to plant foods) than white sugar. However, if you eat sugar in the small amounts recommended, the extra vitamins and minerals are insignificant. There isn't much difference between sources of added sugar. The recommendation is to keep your added sugar intake low and use what you like.

Save the Date:

The Creative Arts Event

May 8-17

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2019 event is: "Music in the Air." Now is the time to start thinking about your project; let your creativity harmonize and sing. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie at 645-3106.

Hooray! March 20 is the First Day of Spring!!!

Lunch is served!

Monday-Friday 11:30 am-12:30 pm

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1-4 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

9:30-11:30 am Beginner/ Intermediate

12:30-2:30 pm Advanced

Wednesdays

6:15-8 am All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm
Free Dance Room

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Slow Down and Flow Yoga

Mondays 10-11 am \$50

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

Full Body Conditioning with Mike

Wednesdays & Fridays 9:15-10:15 am; \$79 for 2 days per week or \$49 for 1 day

The Body Shop Workout

Tues./Thurs. 4 pm, 5 pm & 6 pm and ST 9:15 am; \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Ashtanga Yoga

Thursdays 6-7:15 pm \$70 for 9 weeks

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, Th, & F 8-8:45 am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am \$30

Gentle Yoga

Wednesdays 10-11am \$40

Wednesdays 7:15-8:15 pm \$40

See Center Class Schedule for complete class listing.

Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at www.columbusrecparks.com or

www.whetstonepark.org. Most of our activities are available for registration online. Register online at:

<https://apm.activecommunities.com/columbusrecparks>

AARP Tax Prep

Tuesdays and Wednesdays, Now-April 10

9 am- 3 pm Free

First come, first served.



COLUMBUS RECREATION AND PARKS DEPT
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COLUMBUS, OH 43205

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**Remember to “spring”
your clocks forward by one
hour on Sunday, March 10.**

**Welcome spring!
Wednesday, March 20**

